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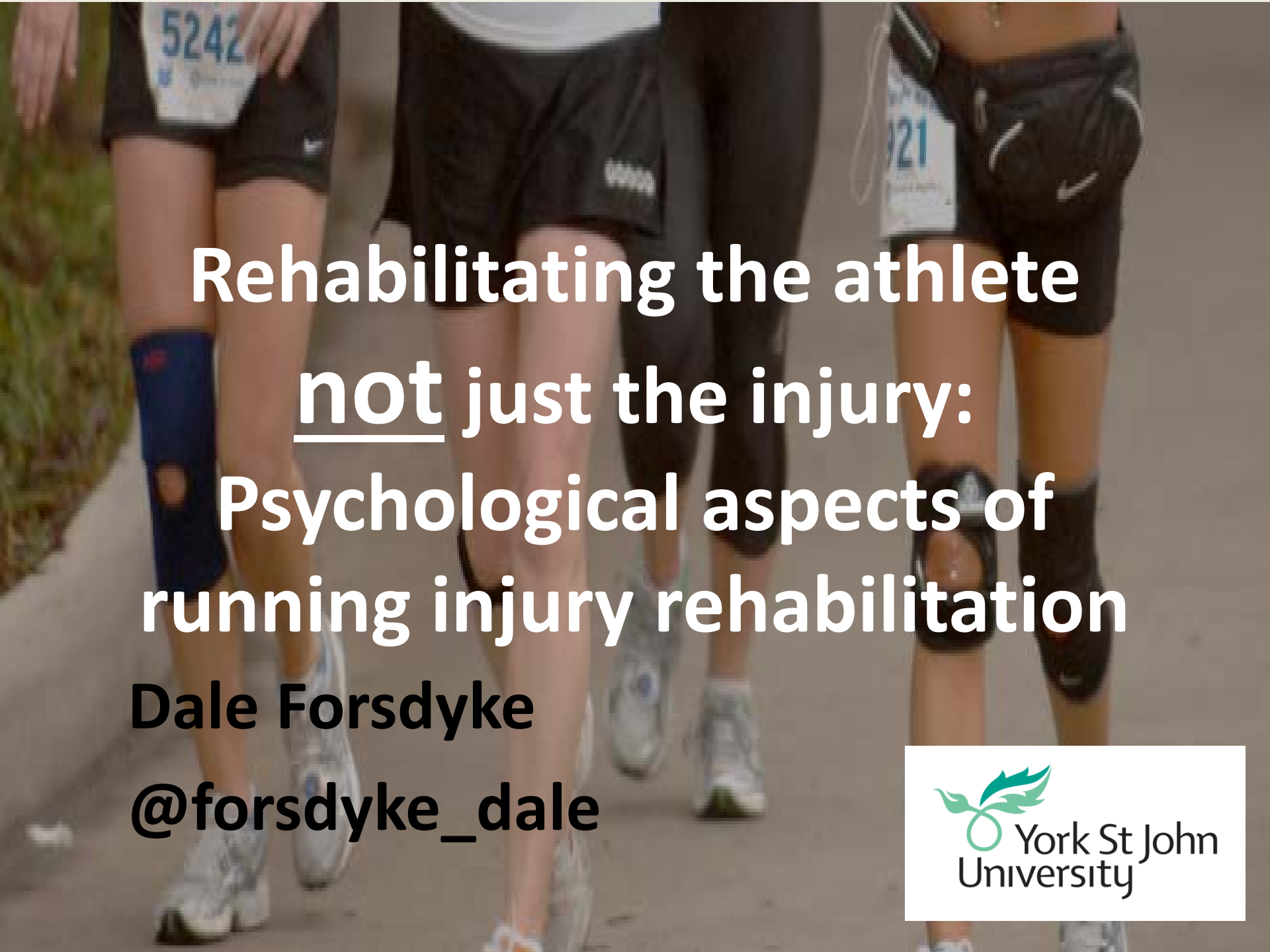
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A photograph of three runners from behind, wearing black shorts and white sneakers. The runner on the left has a blue brace on their right knee and a race bib with the number 5242. The runner on the right has a black brace on their right knee and a race bib with the number 121. The text is overlaid on the image.

**Rehabilitating the athlete
not just the injury:
Psychological aspects of
running injury rehabilitation**

Dale Forsdyke

@forsdyke_dale

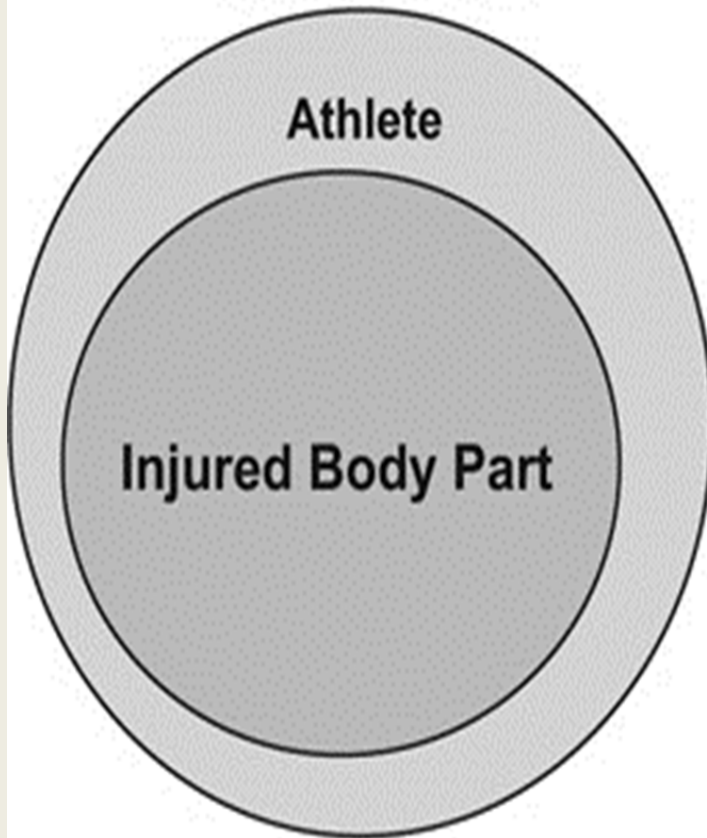
Warning!

A yellow triangular warning sign with a black exclamation mark in the center. The sign is slightly tilted and has a drop shadow effect.

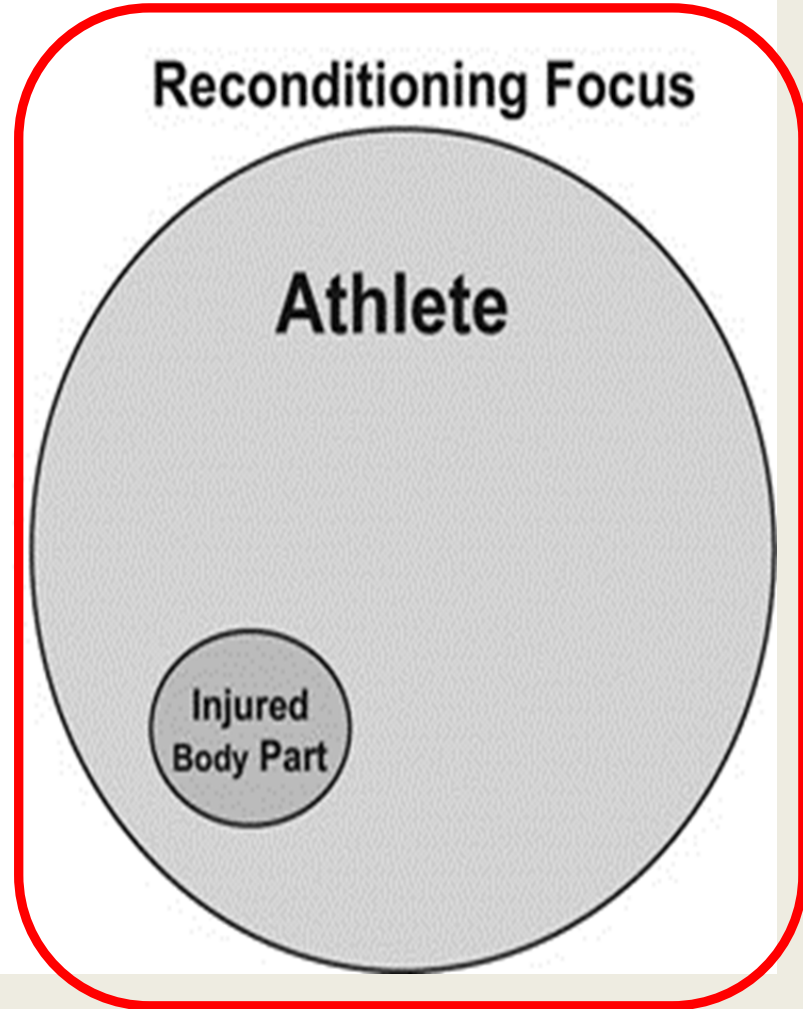
**I am not a
psychologist**

It's about the athlete, not the 'specific' injury

Rehab Focus

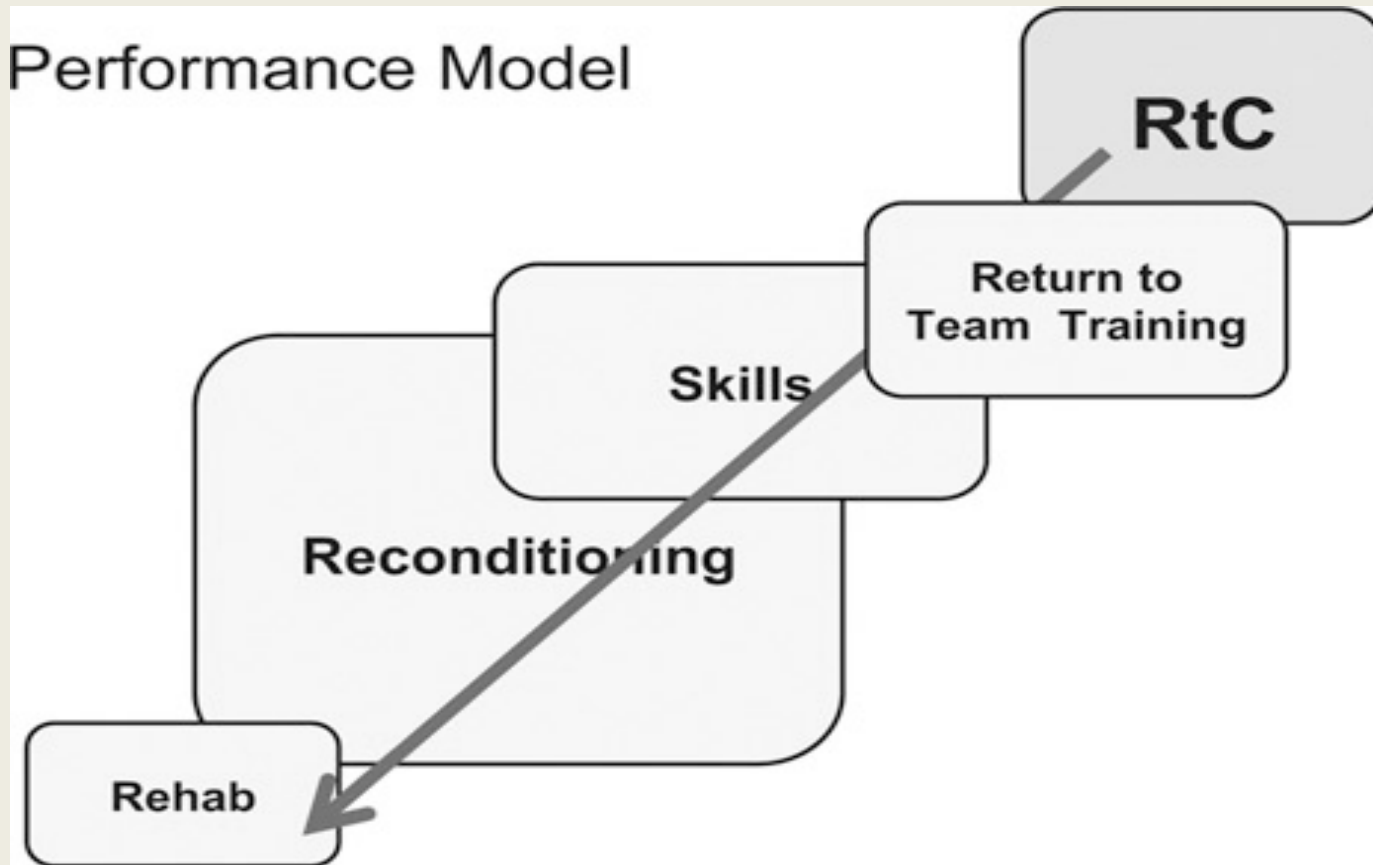


Reconditioning Focus



Knowles (2016)

What can they do vs what can't they do




Knowles (2016)

The problematic injury landscape

- High injury rate in runners 19.4-92.4% (van Gent et al. 2007) **2 out of every 3** athletes (Jacobsson et al. 2013)
- High re-injury rates from common injuries e.g. HSI 12-48% (Liu et al. 2012), ACLR 23% (Paterno et al. 2010) Achilles tendinopathy 27% (Gajhede-Knudsen et al. 2013)
- Return to sport rates from injury is poor in both short and long term 45-83% (Ardern et al. 2012; Fältstrom et al. 2015; Lai et al. 2017)
- Return to pre injury performance rates are poor 40-65% (Ardern et al. 2012; Shah et al. 2010; Waldén et al. 2016)
- Psychosocial as much as physical factors are associated with injury outcomes across a number of common injuries e.g. **motivation, satisfied with function, kinesiphobia, SE, level of education, SS** (Chester et al. 2016; Fältstrom et al. 2015; Forsdyke et al. 2016; Mallow et al. 2016; Sonesson et al. 2015).

What we can expect to see when working with injured athletes?



A group of runners, mostly women, are gathered at the finish line of a race. They are wearing white t-shirts with blue and purple accents, and some have purple sashes. They are hugging and celebrating. In the background, there is a banner that says "PURPLESTRIDE 5K" and "FINISH". The scene is outdoors on a city street with trees and buildings.

Social support

**Are you a buffer or
an amplifier?**

“...in the end I got a little bit **embarrassed** about how much I was getting injured and things like that so you’d maybe just **not really wanna speak** about it an awful lot...I was becoming a bit of a stuck record...the **communication** wasn’t great between the manager and physio em so sometimes I don’t even think either of them knew...**I don’t cry easy** and things like that but just the **anger** sometimes that I would feel, like how **frustrated** I feel...I just **couldn’t see any positive situation** coming out of it and didn’t have the **motivation** to do it”

Excerpt from interview with an international athlete
recently retired through training error injury



Together We Are Limitless

**Even upon return to
sport athletes can
feel isolated**

(Forsdyke et al. 2016; Tracey, 2002)

Athletes should be physically,
psychosocially, technically,
and tactically ready to return to
competition

(Forsdyke, Smith, Jones & Gledhill, 2016)

Key elements in making decisions over psychological readiness to RTS

(Forsdyke, Gledhill & Ardern, 2016)

Characteristics of an athlete who is psychologically ready to RTS are multifaceted

and include, among others: realistic

expectations, high levels of self-efficacy

and low levels of anxiety (performance and re-injury)

#1 Use tools to monitor injured athletes

#2 Use your working knowledge of the athlete

#3 The need for athlete-centred interdisciplinary shared decision-making

Psychological Readiness to Return to Sport Scale (Glazer, 2009)

PSYCHOLOGICAL READINESS TO RETURN TO SPORT SCALE

Please rate your confidence to return to your sport on a scale from 0 - 100.

0 = no confidence at all

50 = moderate confidence

100 = complete confidence

1. My overall confidence to play is _____
2. My confidence to play without pain is _____
3. My confidence to give 100% effort is _____
4. My confidence to not concentrate on the injury is _____
5. My confidence in the injured body part to handle to demands of the situation is _____
6. My confidence in my skill level/ability is _____

Total _____

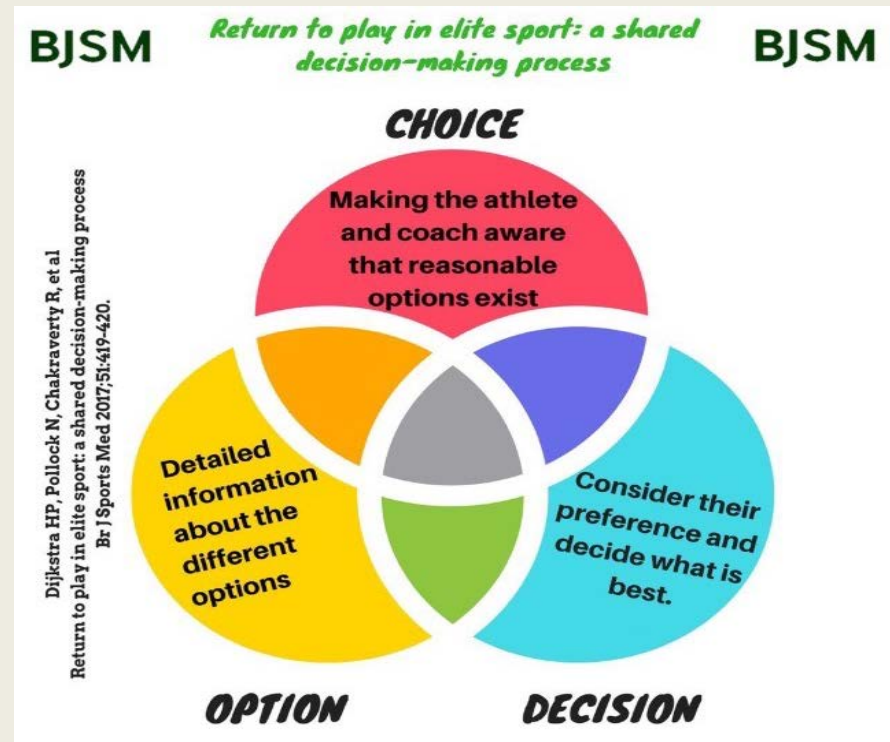
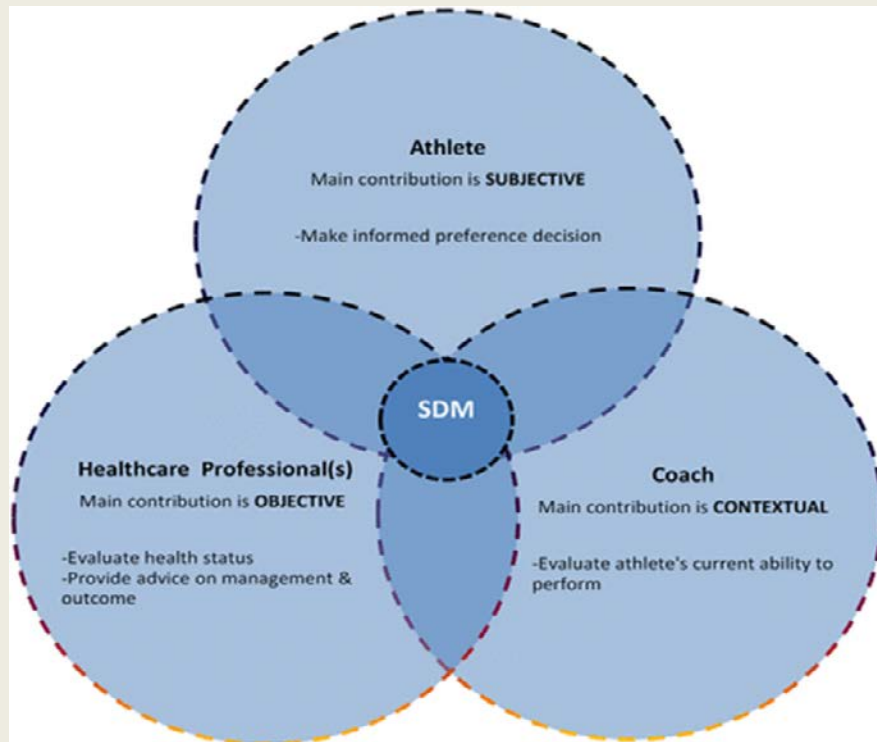
Add total and divide by 10 = _____

Scores between 50 and 60 suggest the athlete is psychologically ready to return to sports. Scores below 50 suggest that the athlete may not be ready psychologically to return to sports and needs more time to recover.

Prone to socially desirable answers?

Decisions about the athlete should athlete centred and involve all stakeholders

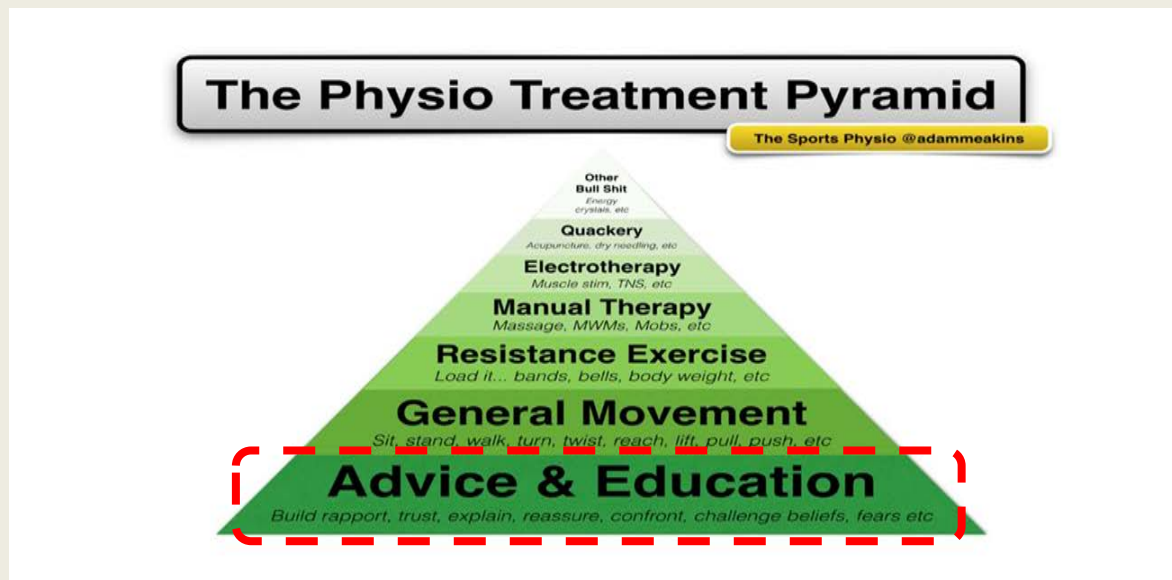
(see Ardern et al. 2016, Dijkstra et al. 2016)



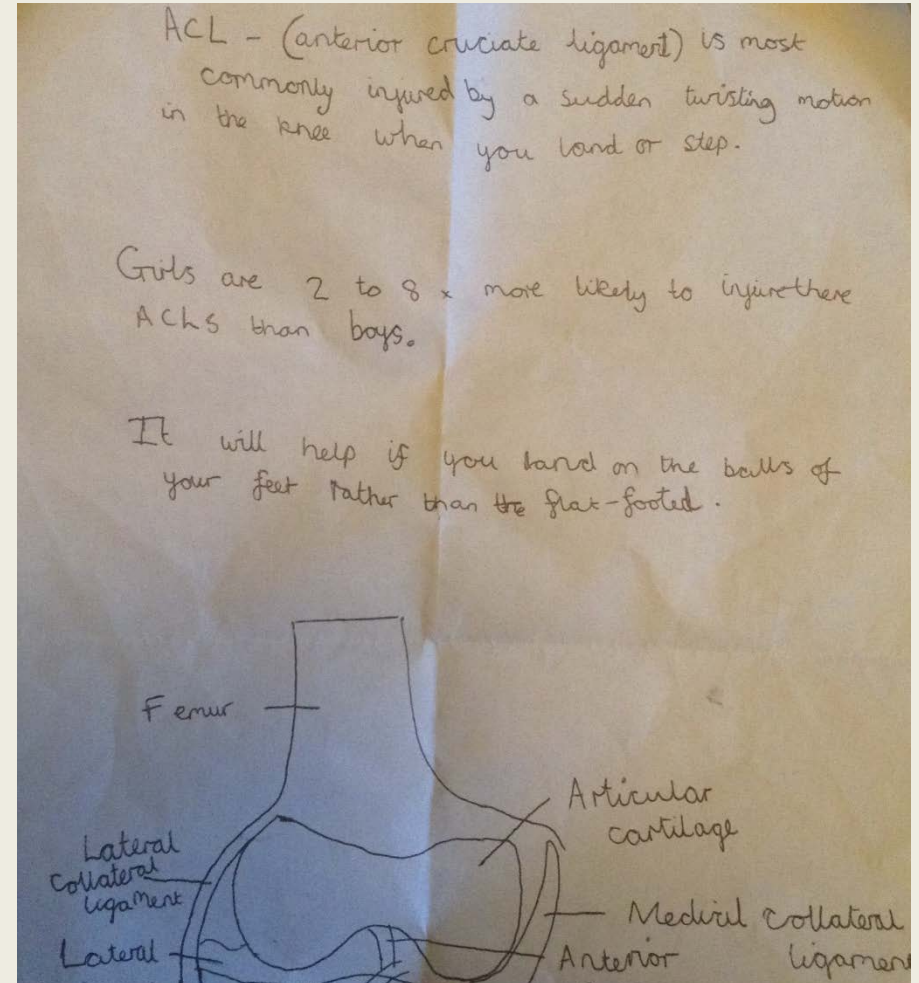
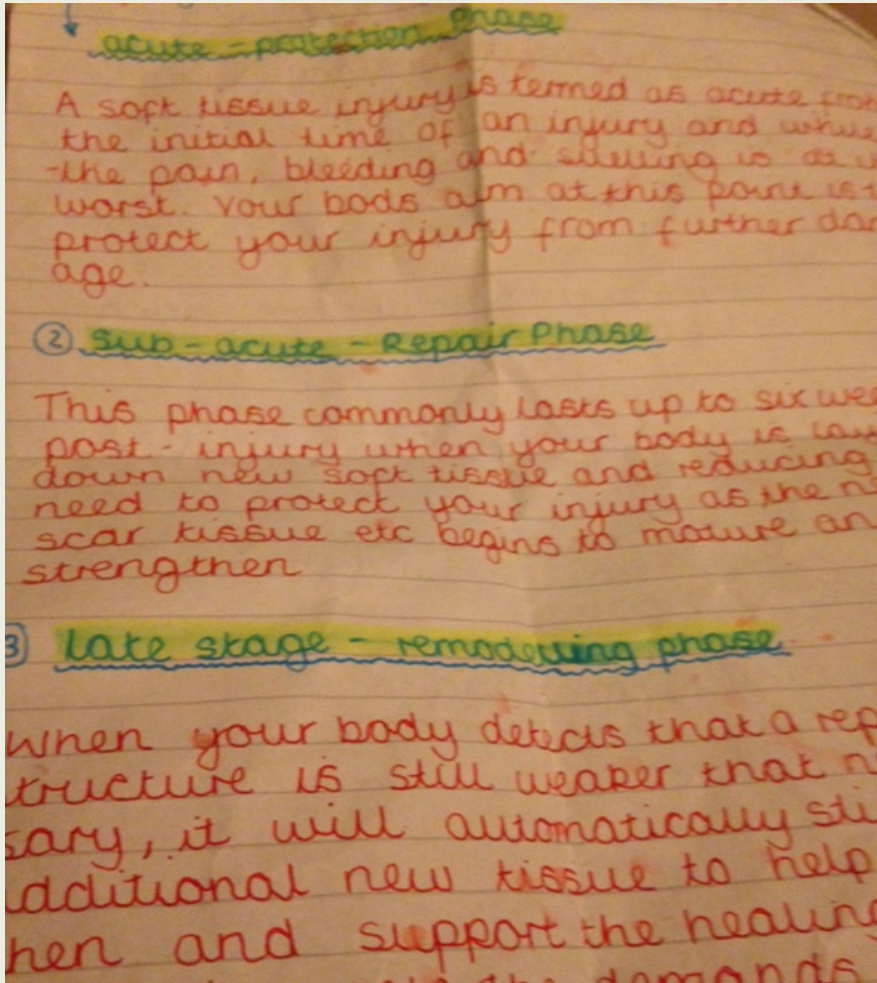
Dijkstra et al. 2016

Empower your athlete!

Only an empowered athlete can positively contribute to shared decision making about their injury



Practical examples: 13 year old female athlete with MCL injury/ 12 year old with stress fracture 5th metatarsal





LEARNING

LEARNING

LEARNING

Sports injury should provide a learning experience for the athlete AND practitioner

The power of the plenary

ABILITY --- 35% 65% --- EFFORT

What have we
learnt about your

injury today?

A rallying cry

YOU are ideally situated to recognise, address, and if necessary refer on physical **AND** psychosocial factors

(see Brewer, 2010; Forsdyke et al. 2016; Heaney et al. 2015)

**A CLEAN HOUSE
IS A SIGN OF AN
INJURED RUNNER**

**Any
questions ?**



Selected useful further reading

- Forsdyke D, Gledhill A, Ardern C. Psychological readiness to return to sport: three key elements to help the practitioner decide whether the athlete is REALLY ready?. *Br J Sports Med* 2017;51:555-556.
- Forsdyke D, Smith A, Jones M, et al. Psychosocial factors associated with outcomes of sports injury rehabilitation in competitive athletes: a mixed studies systematic review. *Br J Sports Med* 2016;50:537-544.
- Heaney C, Rostron C, Walker N. Is there a link between previous exposure to sport injury psychology education and UK sport injury rehabilitation professionals' attitudes and behaviour towards sport psychology? *Physical Therapy in Sport* 2016;23:99-104.
- Mallows A, Debenham J, Walker T, et al. Association of psychological variables and outcome in tendinopathy: a systematic review. *Br J Sports Med* Published Online First: 16 November 2016. doi: 10.1136/bjsports-2016-096154.
- Wiese-Bjornstal D, Smith A, Shaffer S, Morrey A. An integrated model of response to sport injury : Psychological and sociological dynamics. *Journal of Applied Sport Psychology* 1998;10:46-69.